



RBT™ 360

**THE RBT
FOUNDATIONS
A Coach's Complete
Resistance Band Training
Implementation System**

Introduction to RBT360

Welcome, and thank you for purchasing RBT360!

Since 1996, I have been on a mission to teach, assist, inspire, and push coaches of fitness (a.k.a. fitness professionals or trainers) towards understanding:

- Why RBT is one of the best ways to improve flexibility
- Why RBT is the best way to train dynamic core stabilization
- Why it is important to have muscles that react and don't just contract
- Why RBT is necessary to achieving Real World Strength
- Why RBT is the missing link to transferring strength into power in any plane
- Why RBT is the most versatile and efficient way to strength train large groups
- Why RBT is the answer to getting clients athletic, not just in better shape
- Why use Continuously Looped Layered Resistance Bands over elastic tubes
- Why RBT is a training requirement and not a training option or alternative

This mission has created hundreds of band workouts, thousands of successful training results, the manufacturing of the best continuously looped layered band on the market, the creation of several RBT accessories, thousands of training discussions with thousands of coaches/trainers, and endless hours of instructional videotaping that provided me the best platform from which I could share daily information to those who wanted to get better with bands.

Little did I know that as a result of all of this preparation—as well as my own personal experience completing thousands of RBT workouts—one day, all of that information would be condensed down into a single teaching and training tool called **RBT360**.

RBT360, as you will soon see, is the culmination of years of training with a tool that few coaches and trainers are aware exists, and if they are aware of its existence, they are probably unaware of how powerful training with bands can be for their clients, their business, and themselves personally.

I apologize, but RBT360 is not going to give a coach or trainer hundreds of pages of theory or research. Instead, it is going to provide battle-tested, proven, step-by-step instructions on how to get RBT successfully implemented into all aspects of fitness so you, your clients, your friends, and your family can start getting better with bands today.

My Goal for RBT360 is to provide coaches of fitness with complete and systematic implementation plans for using resistance band training with their large-group and semi-private training programs, as it relates to almost every aspect of fitness. Step by step, coaches will be taken through an implementation plan using these 6 unique training components that are exclusive to training with a 41-inch, continuously looped layered resistance band:

1. Flexibility and Mobility
2. Attachment-Free Band Training
3. Attached-Vector Band Training
4. Partner Attached Band Training
5. Band Locomotion Training
6. Contrast Band Training

Each of these unique training components will include:

- Understanding the characteristics, recommendations, and pitfalls that come with training clients
- A step-by-step Implementation Plan
- Done-for-you workouts that will provide coaches with a proven starting point
- A secure and complete online resource and exercise library filled with hundreds of training videos

Along with those 6 unique RBT components, coaches will get an RBT Foundations Manual and an RBT360 Program Manual that will provide those lifelong-learning coaches the necessary information and resources needed to set them up for continual RBT success.

I hope you enjoy RBT360 as much as I have enjoyed the process of creating it. If you do, I hope you will take the next step in teaming up with me to continue to spread the word and support the mission of getting others better with bands.

Thank you for purchasing RBT360, and enjoy your next step in your journey with Resistance Band Training.

Dave Schmitz



The Band Man®



The Band Man

Dave Schmitz

RBT360 MANUAL 1: TRAINING FOUNDATIONS

Training Foundations

Resistance band training is not simply another way to strength train the body; rather, it is a unique and unmatched form of training that challenges the neuromuscular system to adapt in ways that ultimately improve not only strength but also movement quality, balance, control, and neuromuscular efficiency. The foundations of RBT360 outline the key training principles that make resistance band training far more than just another strength training *tool*; indeed, you will find that resistance band training is truly a strength training *system* that should be part of every training program.

RBT360 is a fitness-based training implementation system that will get performance-based results

RBT360 Foundational Training Pillars

There are 10 Foundational Training Pillars that RBT is built around and that make it an unmatched training necessity when it comes to building a greater level of fitness and performance. Together, these pillars provide key training elements that only occur when implementing elastic resistance training using a flat, continuously looped layered resistance band.

1. Ascending Resistance Training

Deadweight resistance creates a traditional bell shaped force production curve that ultimately has been proven to teach the body how to create the necessary force to move a stationary deadweight object. Elastic resistance force production creates an ascending linear force line that trains the body to create a starting momentum that in turn teaches the body how to accelerate force and maximally stabilize at the end of the concentric phase of movement. As a result, an ascending resistance teaches



individuals not only how to move a force but also to provide the gradual buildup of resistance that allows for an acceleration of force to occur.

2. Accelerated Concentric Training

Accelerated concentric training is the ability to increase speed while moving against a gradual increase in force. Training against an elastic ascending resistance teaches the body how to accelerate force and not just move a force at a constant speed. As a result, accelerated concentric training teaches the body how to increase power.

3. Accelerated Eccentric Training

Momentum is the byproduct of mass and velocity. A band's ability to accelerate momentum during the eccentric phase of a movement is referred to as accelerated eccentrics and can only be created by a resistance that changes through an eccentric phase of a movement, which is exactly what band ascending resistance does. Being able to improve deceleration efficiency results in a body that is always in balance and can control varying speeds of momentum regardless of position or posture.

4. 3D Flexibility with Mobility

All joints and muscles can move in 3 planes of motion. Therefore, being able to lengthen and mobilize them in all planes is critical to creating a high performance body. Band flexibility and mobility training allows the body to be lengthened in all 3 planes of motion while joint mobility is simultaneously challenged in all 3 planes.

5. Core Reaction, Not Just Core Contraction

Dynamically, the core maintains the body's center of gravity (COG) over its base of support (BOS). Simply stated, it keeps the body balanced over its feet by controlling how far the body's COG moves in any plane relative to the foot position or BOS. Individuals with poor core reaction do not control momentum well and are thus unable to let their arms and legs move around aggressively in fear of losing their balance or potentially suffering joint injury. Since extremity movement is what drives the body's ability to generate power and speed, either linearly or laterally, it is safe to say that an integrated reactive core is truly the engine that functionally makes the body go.

6. Strength in Numbers

Lifting, walking, hiking, carrying, and reaching are performed by multiple joints and muscles working together as a result of optimal neuromuscular communication and patterning. Resistance bands provide the resistance options capable of strengthening highly integrated movements like running, swinging, throwing, or punching indirectly through supportive auxiliary exercises as well as being able to perform the actual movement skills themselves.

7. Locomotion Strength Training

The body was designed to walk or perform hybrid variations of walking or running. The ability to optimally strength train using locomotion movements provides the body with the ability to strengthen all muscles while simulating the exact neuromuscular patterns around which the body was functionally designed.

8. Multi-Force Vector Training

As we've stated, the body moves in 3 planes; it comes as no surprise, then, that muscles have fibers that align in all three planes. However, what is often lost is that the body must also learn how to generate force and decelerate force from vectors that are aligned in all 3 planes of motion. Deadweight is directly influenced by gravity and will ultimately follow a vertical force vector alignment. However, resistance bands are independent of gravity and therefore can create horizontal and rotational force vector alignments. Building lean, well defined and strong muscles that can generate optimal functional force requires making sure all fibers are challenged using multiple force vectors, which bands can provide.

9. Strength Training Momentum

The body's greatest functional challenge, along with defeating gravity, is dealing with changes in momentum force driven by changes in movement speed. Getting the body to accelerate is important, but training it to have reactive dynamic control and to be able to respond effectively to unexpected changes in momentum is ultimately what keeps the body injury free and performing at a high level.

10. Strength with Length

Strength with length is ultimately how the body wants to function. Elastic resistance provides the variable resistance to improve strength while simultaneously providing the ascending force to create muscle length. Combining this with a functionally integrated band training approach allows strength and length to occur simultaneously.

These foundational pillars are the basis on which all RBT360 exercises, programming, and training are built.